

HEALTHWAYS **FIT**

**Meal Plan for  
Fruits and Fiber**

*Helping  
you to get  
healthy  
in 2014!*

[www.HealthwaysFIT.com](http://www.HealthwaysFIT.com)



# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

---

### Congratulations on becoming a member of Healthways FIT! Here's your free meal plan.



In case you're new, Healthways FIT is your online community for health and wellness. Informing, connecting, and motivating you to become active is the Healthways FIT mission.

We aren't a fitness program or diet. We're so much more. At Healthways FIT, we understand comprehensive well-being is more than being the ideal weight or benching this-many pounds — it's about living a functional and fulfilling life.

Recipes and meal plans are among the many perks you'll receive as a member of Healthways FIT. Some people also are eligible for a free gym membership and personalized health coaching through SilverSneakers. You'll see a lot more progress if you combine nutrition with exercise, so [check today](#) to see if you're eligible for this benefit!

Please enjoy this healthy meal plan to guide you on the path to wellness.

Note: This meal plan suggests healthy dishes to incorporate into your overall balanced diet. It is not meant to be a substitute for professional medical advice. For recommendations on your daily nutritional needs, please consult your doctor.



# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Your 7-day meal plan

Your meal plan includes 7 breakfasts, 7 lunches and 7 dinners for a total of 21 recipes.

<b>DAY 1</b>	<b>Monday</b>
Breakfast	Broiled Grapefruit
Lunch	Grilled Tuna with Farro Salad
Dinner	Spring Pea Oven Risotto
<b>DAY 2</b>	<b>Tuesday</b>
Breakfast	Allergy-Friendly Oat Scones
Lunch	Apple Salad with Cinnamon Cider Vinaigrette
Dinner	Lemon Parmesan Pasta with Chicken and Greens
<b>DAY 3</b>	<b>Wednesday</b>
Breakfast	Grapefruit Pick Me Up Smoothie
Lunch	Quick and Easy Asparagus Soup
Dinner	Pan Seared Salmon with Wilted Greens

# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### DAY 4 **Thursday**

<b>Breakfast</b>	Nut Free Granola
<b>Lunch</b>	Watermelon Fennel Salad
<b>Dinner</b>	Jamaican Jerk Chicken Skewers

### DAY 5 **Friday**

<b>Breakfast</b>	Baked Strawberry Oatmeal
<b>Lunch</b>	Fresh from the Garden Tomato Soup
<b>Dinner</b>	Apple and Leek Stuffed Pork Tenderloin

### DAY 6 **Saturday**

<b>Breakfast</b>	Healthy Quiche Lorraine
<b>Lunch</b>	Spring Beet Salad
<b>Dinner</b>	Grilled Polenta with Spicy Cannelini Beans

### DAY 7 **Sunday**

<b>Breakfast</b>	Apple Cherry Oatmeal
<b>Lunch</b>	Strawberry Spinach Salad
<b>Dinner</b>	Spaghetti Squash and Meatballs

# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Day 1: Breakfast

#### Broiled Grapefruit

#### Ingredients

- 2 pink or red grapefruits
- ¼ cup packed brown sugar
- 1 tsp. ground cinnamon
- ¼ cup nonfat vanilla yogurt



#### Instructions

1. Preheat your oven broiler.
2. Cut each grapefruit in half. Sprinkle each half with 1 tablespoon brown sugar and ¼ teaspoon cinnamon.
3. Arrange the grapefruit halves in a baking pan, with the cut side up. Broil for five minutes or until the sugar is melted. Remove from the oven and cool slightly.
4. Top each grapefruit half with 1 tablespoon yogurt and serve.

#### Nutrition Facts

- Servings: 4
- Serving size: 1 grapefruit half
- Calories: 111
- Calories from fat: 0
- Total fat: 0 g
- Saturated fat: 0 g
- Cholesterol: 0.6 mg
- Sodium: 11.2 mg
- Potassium: 243.9 mg
- Total carbohydrate: 32.5 g
- Dietary fiber: 2.3 g
- Sugars: 20.0 g
- Protein: 1.7 g

# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Day 1: Lunch

#### Grilled Tuna with Farro Salad

### Ingredients

#### For Tuna:

- 1/2 cup fresh basil, chopped
- 1 tsp. grated orange zest
- 1 Tbsp. fresh orange juice
- 1/4 tsp. salt
- 1/4 tsp. freshly cracked black pepper
- 1 tsp. minced garlic
- 4 (5 oz.) Yellowfin tuna steaks

#### For Salad:

- 2 1/4 cups boiling water
- 1 cup uncooked farro
- 1 1/3 cups chopped tomato
- 2/3 cup roasted red pepper, chopped
- 1/2 cup red onions, chopped
- 1 Tbsp. capers
- 2 Tbsp. kalamata olives, chopped and pitted
- 3 Tbsp. fresh orange juice
- 1 Tbsp. extra virgin olive oil

### Instructions

1. Combine first 6 tuna ingredients in a glass baking dish. Add tuna and turn to coat with marinade. Chill no more than 30 minutes.

2. Bring water to a boil in a large saucepan over medium-high heat. Add farro and reduce heat to medium-low. Cook covered, 30 minutes or until farro is tender. Turn off the heat and let stand 10 minutes. Meanwhile, combine remaining salad ingredients in a large bowl. Drain farro before adding to bowl and gently toss to coat.
3. Prepare indoor or stovetop grill for medium-high heat. Remove tuna from marinade, discarding marinade, and pat dry. Rub tuna steaks with 1 tablespoon vegetable oil and grill each side 2 minutes for medium-rare. Serve tuna over the farro salad.

### Nutrition Facts

- Serves: 4
- Serving size: 1 steak
- Calories: 315
- Fat: 6.5 g
- Calories from fat: 18.6%
- Saturated fat: 1 g
- Protein: 45.6 g
- Sodium: 210 mg
- Total carbohydrate: 19.5 g

# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Day 1: Dinner

#### Spring Pea Oven Risotto

#### Ingredients

- 5 cups vegetable stock
- 1 Tbsp. olive oil
- 1 large onion, chopped
- 2 cups Arborio or Carnaroli rice
- 1/2 cup dry white wine (optional)
- 1 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper
- 1 cup boiling water
- 2 cups fresh or frozen peas
- 2 Tbsp. olive oil (optional)

#### Instructions

1. Preheat oven to 425°F. Place stock in a saucepan and heat just to boiling.
2. In an ovenproof Dutch oven, heat oil over medium heat. Add onion and cook until just tender but not browned, about 3 minutes. Increase heat to medium-high. Add rice and cook, stirring constantly, about 1 minute. Stir in wine and cook until completely evaporated, about 1 minute. Stir in broth mixture, salt and pepper. Bring

to a boil. Cover and bake 20 to 25 minutes or until almost all of the liquid has been absorbed.

3. A few minutes before the risotto is done, cook peas in boiling water, 2 to 3 minutes, or until tender.
4. Remove risotto from oven and add peas and their cooking liquid. Gently stir, adding additional hot water as necessary to achieve a creamy consistency. If desired, stir in olive oil. Serve immediately.

#### Nutrition Facts

- Serves: 4
- Serving size: 1 cup risotto
- Calories: 327
- Fat: 6.8 g
- Calories from fat: 18.7%
- Saturated fat: 1.3 g
- Protein: 12.5 g
- Sodium: 426 mg
- Total carbohydrate: 48.5 g



# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Day 2: Breakfast

#### Allergy Friendly Oat Scones

#### Ingredients

- 1 cup rice milk
- 1 Tbsp. white or cider vinegar
- 3 cups finely ground oat flour
- 3 Tbsp. sugar
- 1 tsp. salt
- 1 tsp. baking soda
- 1/3 cup shortening
- ½ cup dried cranberries

#### Instructions

1. Preheat your oven to 450°F.
2. Stir the vinegar into the rice milk and set aside.
3. Sift the oat flour into a mixing bowl. Add the sugar, salt, and baking soda. Stir well to blend.
4. Cut the shortening into the flour mixture. Wash your hands well and use your fingers to rub the shortening into the flour mixture until it is coarse and crumbly.
5. Stir the dried cranberries into the flour mixture. Add the rice milk and vinegar and stir until moistened.

6. Lightly dust a flat surface with oat flour. Turn the dough onto surface and knead it about twenty times.
7. Transfer the dough to an ungreased cookie sheet. Pat or roll it into a half inch-thick circle. Cut the circle of dough into eight wedges, leaving each wedge unseparated and in place on the cookie sheet.
8. Bake for approximately 15 minutes or until done. To test for doneness, poke the middle of the scones with a tooth pick or skewer. If it comes out clean, without batter stuck to it, it is ready to eat.

#### Nutrition Facts

- Servings: 8
- Serving size: 1 scones
- Calories: 245
- Calories from fat: 100
- Total fat: 11.1 g
- Saturated fat: 3.4 g
- Cholesterol: 36 mg
- Sodium: 460 mg
- Potassium: 3 mg
- Total carbohydrate: 34 g
- Dietary fiber: 3.4 g
- Sugars: 10 g
- Protein: 4 g
- Protein: 27.1 g



# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Day 2: Lunch

#### Apple Salad with Cinnamon Cider Vinaigrette

#### Ingredients

- 1/4 cup apple cider vinegar
- 1 Tbsp. honey
- 2 tsp. honey mustard
- 1/2 tsp. salt
- 1/2 tsp. ground cinnamon
- 3 Tbsp. olive oil
- 2 large apples, unpeeled and finely chopped
- 1/2 cup dried cranberries
- 1 head romaine lettuce, finely chopped
- 1 large sweet onion, finely chopped
- 1/4 cup toasted chopped pecans



### Instructions

1. In a large salad bowl, combine olive oil and next 4 ingredients. While whisking constantly, slowly add the oil. Pour half the vinaigrette into a small pitcher or serving bowl.
2. Add the remaining ingredients to the salad bowl and toss to coat evenly with vinaigrette. Serve immediately, adding remaining vinaigrette as desired.

### Nutrition Facts

- Servings: 6
- Serving size: Approximately 1 1/3 cups
- Calories: 199
- Calories from fat: 48.4%
- Total fat: 10.7g
- Saturated fat: 1.3 g
- Cholesterol: 0 mg
- Sodium: 208 mg
- Potassium: 293 mg
- Total carbohydrate: 27 g
- Dietary fiber: 4.3 g
- Sugars: 17.3 g
- Protein: 1.6 g

# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber



## Day 2: Dinner

### Lemon Parmesan Pasta with Chicken and Greens

#### Ingredients

- *Non-stick cooking spray*
- *1 lb. whole-wheat noodles*
- *1 lb. boneless skinless chicken breasts*
- *3 Tbsp. olive oil*
- *2 cloves garlic, peeled and minced*
- *¾ tsp. chile flakes*
- *1 pound rapini (broccoli rabe), washed, trimmed, and chopped*
- *¼ cup fresh lemon juice*
- *2 tsp. fresh lemon zest*
- *¼ c. grated parmesan cheese*

*(Continued on next page)*

# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

(Continued from previous page)

### Instructions

- 1. Cook the pasta according to the package directions. When the pasta is tender, scoop out one cup of pasta-cooking water to reserve. Drain the rest of the water.*
- 2. While the pasta is cooking, prepare the chicken. Put the chicken in a re-sealable plastic bag and seal it tightly. Pound it with a rolling pin or other heavy utensil, focusing on the thickest parts of the meat. When the chicken is flattened with equal thickness throughout (about ¾-inch), it is ready to cook.*
- 3. Spray a clean grill with non-stick cooking spray. Preheat the grill over medium-high heat. When the grill is hot, arrange the chicken over it. Cook the chicken for several minutes on each side, until the center of the meat loses its pinkness and the outside is lightly browned. Remove the chicken from the grill and when it is cool enough to handle, cut it into bite-sized pieces.*
- 4. Heat a large pan over medium-high heat. Add the olive oil. When the oil is hot, add the garlic and chile flakes.*

*Sauté for 30 seconds, stirring continuously to prevent burning. Add the rapini. Sauté for five minutes, stirring occasionally until tender. Add the lemon juice and zest. Stir to combine.*

- 5. Add the drained pasta and chicken to the pan of cooked rapini. Stir to combine and reheat. If more liquid is needed, add some of the reserved pasta-cooking water. Top with parmesan cheese and serve.*

### Nutrition Facts

- Servings: 6
- Serving size: about 1 ½ cups
- Calories: 426
- Calories from fat: 95
- Total fat: 10.6 g
- Saturated fat: 1.7 g
- Cholesterol: 40 mg
- Sodium: 342.4 mg
- Potassium: 21.1 mg
- Total carbohydrate: 59.3 g
- Dietary fiber: 8.6 g
- Sugars: 0.3 g

# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Day 3: Breakfast

#### Grapefruit Pick Me Up Smoothie

#### Ingredients

- 1 large Ruby red grapefruit, juiced
- $\frac{3}{4}$  frozen strawberries
- 1 very ripe banana
- 1 cup ice cubes
- 6 Tbsp. protein powder

#### Instructions

1. Combine all ingredients in a blender and process until smooth. Serve immediately.

#### Nutrition Facts

- Serves: 2
- Serving size: 1½ cups
- Calories: 208
- Fat: 1 g
- Calories from fat: 4.3%
- Saturated fat: 0.2 g
- Protein: 11 g
- Sodium: 98 mg
- Total carbohydrate: 41 g



# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Day 3: Lunch

#### Quick and Easy Asparagus Soup

#### Ingredients

- 1 pound asparagus, trimmed and chopped
- 1 large onion, chopped
- 1 cup reduced sodium chicken broth
- 1/2 tsp. salt
- 1/2 tsp. dried chervil
- 1/4 tsp. freshly cracked black pepper
- 1 1/2 cups 2% milk
- 1/2 cup fat-free half-and-half

#### Instructions

1. In a large saucepan, combine first 7 ingredients and bring to a boil. Reduce heat and simmer, covered, 10 to 15 minutes or until asparagus is tender. Remove from heat and let stand 10 minutes.
2. Puree mixture in a blender or food processor until smooth. Return puree to saucepan and stir in half-and-half. Heat over medium-low heat until soup is hot but make sure it doesn't come to a boil.



#### Nutrition Facts

- Servings: 4
- Serving size: approximately 1 1/3 cups
- Calories: 131
- Calories from fat: 22%
- Total fat: 3.2 g
- Saturated fat: 1.6 g
- Cholesterol: 11 mg
- Sodium: 478 mg
- Potassium: 662 mg
- Total carbohydrate: 18 g
- Dietary fiber: 3 g
- Sugars: 7 g
- Protein: 9 g

# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Day 3: Dinner

#### Pan Seared Salmon with Wilted Greens

#### Ingredients

- (4 oz.) 1 inch thick salmon fillets
- 1/2 tsp. kosher salt
- 3 Tbsp. olive oil
- 2 garlic cloves, thinly sliced
- 4 oz. baby arugula, rinsed and drained
- 4 oz. baby spinach, rinsed and drained
- 1 Tbsp. red wine vinegar
- 1/4 tsp. kosher salt
- 1/4 tsp. black pepper

#### Instructions

1. Season salmon fillets with 1/2 tsp. salt and allow to rest at room temperature, 15 minutes.
2. Heat olive oil in a large non-stick skillet over medium-high heat. Carefully add salmon, skin side up. Immediately reduce heat to medium and cook 3 to 4 minutes, covering skillet with lid after 2 minutes. Remove salmon from skillet and set aside, keeping warm.
3. Remove all oil from skillet.

Return to medium heat and add garlic. Cook 30 seconds, stirring constantly. Add arugula and spinach and cook, tossing occasionally, until greens start to wilt, about 90 seconds. Stir in vinegar and cook until almost evaporated, about 30 seconds. Season to taste with salt and pepper.

4. Divide greens between 4 serving plates, top with salmon, and drizzle any remaining juices from pan over salmon.

#### Nutrition Facts

- Serves: 4
- Serving size: 1 fillet
- Calories: 236
- Fat: 10.1 g
- Calories from fat: 38%
- Saturated fat: 1.6 g
- Protein: 30.4 g
- Sodium: 529 mg
- Total carbohydrate: 2.5 g



# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Day 4: Breakfast

#### Nut Free Granola

#### Ingredients

- 2 cups wheat- and gluten-free rolled oats
- 1 cup raw pumpkin seeds
- 2 ½ tsp. pumpkin pie spice
- ¼ cup maple syrup
- ¼ cup canola oil
- 2 tsp. vanilla extract
- 1 cup dried apricots, chopped
- ½ cup dried cranberries



#### Instructions

1. Preheat oven to 250 ° F. Line a baking sheet with parchment paper.
2. Combine oats, pumpkin seeds, and pumpkin pie spice in a large bowl. Add maple syrup, canola oil, and vanilla extract, and mix well.
3. Spread oat mixture onto baking sheet, and bake for 20 minutes. Stir well and bake for 20 minutes more.
4. Stir in dried apricots and cranberries. Allow to cool.

#### Nutrition Facts

- Servings: 18
- Serving size: approximately ¼ cup
- Calories: 116
- Calories from fat: 40.5
- Total fat: 4.5 g
- Saturated fat: 0.5 g
- Cholesterol: 0 mg
- Sodium: 21.8 mg
- Potassium: 128.8 mg
- Total carbohydrate: 18.3 g
- Dietary fiber: 2.1 g
- Sugars: 9.1 g
- Protein: 2.0 g

# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Day 4: Lunch

#### Watermelon and Fennel Salad

#### Ingredients

- 3 cups cubed watermelon
- 3 cups cubed yellow watermelon
- ½ cup thinly sliced fennel bulb
- ¼ cup diced roasted red peppers
- 1/3 cup crumbled goat cheese
- 2 Tbsp. minced fresh mint
- ½ tsp. pepper

#### Instructions

1. Combine all ingredients in a large serving bowl. Refrigerate at least 1 hour before serving.

#### Nutrition Facts

- Servings: 6
- Serving size: approx. 1 1/4 cups
- Calories: 75
- Calories from fat: 22.5
- Total fat: 2.5 g
- Saturated fat: 1.4 g
- Cholesterol: 7.6 mg
- Sodium: 102 mg
- Potassium: 223 mg
- Total carbohydrate: 12.3 g
- Dietary fiber: 1 g
- Sugars: 10 g
- Protein: 2.4 g





# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Day 4: Dinner

#### Jamaican Jerk Chicken Skewers

#### Ingredients

- 1/3 cup freshly squeezed lime juice
- 1/4 cup freshly squeezed orange juice
- 1/4 cup packed brown sugar
- 3 Tbsp. minced garlic
- 2 Tbsp. olive oil
- 1 1/2 Tbsp. ground allspice
- 1 Tbsp. ground cumin
- 1 tsp. ground cinnamon
- 1/2 to 1 tsp. ground cayenne pepper
- 1 (12-oz.) package fully cooked apple chicken sausage, thickly sliced
- 2 large red peppers, chopped
- 1 large red onion, quartered

#### Instructions

1. Combine all ingredients in a shallow dish, tossing to coat. Refrigerate 1 to 2 hours. Drain, discarding marinade.
2. Alternately thread sausage and vegetables onto skewers. Grill, covered, over medium heat for 10 minutes or until vegetables are tender and sausage is heated through, turning occasionally.

#### Nutrition Facts

- Servings: 4
- Serving size: 1 skewer
- Calories: 196
- Calories from fat: 64.8
- Total fat: 7.2 g
- Saturated fat: 2 g
- Cholesterol: 60 mg
- Sodium: 482 mg
- Potassium: 204 mg
- Total carbohydrate: 18 g
- Dietary fiber: 2 g
- Sugars: 9 g
- Protein: 15 g



# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Day 5: Breakfast

#### Baked Strawberry Oatmeal

#### Ingredients

- 1 cup 1% milk
- 1 medium ripe banana, mashed
- 1/4 cup egg substitute
- 2 tsp. vanilla extract
- 2 cups old fashioned oats
- 1/4 cup loosely packed brown sugar
- 1 tsp. low-sodium baking powder
- 1/4 tsp. cinnamon
- 1 1/2 Tbsp. powdered flax seed
- 1 cup chopped strawberries
- Garnish with sliced strawberries, sliced bananas and 2% milk

#### Instructions

1. Preheat oven to 375°F. Lightly spray an 11- x 7-inch baking dish with nonstick spray.
2. In a large bowl, whisk together first 4 ingredients. Stir in remaining ingredients and pour into prepared dish. Bake at 375°F 25 to 30 minutes or until top just starts to turn golden brown.

#### Nutrition Facts

- Servings: 4
- Serving size: approx. 2/3 cup
- Calories: 306
- Calories from fat: 15.8%
- Total fat: 5.4 g
- Saturated fat: 1.1 g
- Cholesterol: 3 mg
- Sodium: 66 mg
- Potassium: 529 mg
- Total carbohydrate: 62 g
- Dietary fiber: 7 g
- Sugars: 30 g
- Protein: 10 g



# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Day 5: Lunch

#### Fresh From the Garden Tomato Soup

#### Ingredients

- 4 cups fresh tomatoes, chopped
- 1 large onion, chopped
- 2 tsp. garlic, minced
- 2 cups reduced-sodium vegetable broth
- 2 Tbsp. finely chopped fresh basil
- 1 tsp. reduced-sodium soy sauce
- 2 tsp. sugar, or to taste



#### Instructions

1. In a large Dutch oven or stock-pot sprayed with vegetable cooking spray, cook onion over medium-high heat until tender, about 3 minutes. Add garlic and cook 30 seconds. Add tomatoes and cook 3 to 4 minutes, or just until tomatoes start to break down.
2. Add broth and bring to boil. Reduce heat and simmer 20 minutes. Remove from heat and using an immersion blender, puree the soup until smooth.
3. Return soup to a simmer over medium-low heat and stir in basil. Simmer 5 minutes, stirring frequently. Adjust seasoning with sugar and soy sauce.

#### Nutrition Facts

- Serves 2
- Serving size: Approximately 2 cups
- Calories: 119
- Fat: 1.2 g
- Calories from fat: 9.1%
- Saturated fat: 0.2 g
- Protein: 4.1 g
- Sodium: 128 mg
- Total carbohydrate: 27 g

# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Day 5: Dinner

#### Apple and Leek Stuffed Pork Tenderloin

#### Ingredients

- 2 Tbsp. extra virgin olive oil
- 1 tsp. extra virgin olive oil
- 1 cup chopped leek, white and light green parts only
- 1 sweet apple, such as Braeburn, Honeycrisp, or Macoun, peeled and chopped
- 1 tsp. chopped fresh thyme with one sprig
- 3/4 tsp. salt, divided
- 3/4 tsp. freshly ground black pepper, divided
- 1 1/4 pounds pork tenderloin (1 lb. each), trimmed
- 2 cloves garlic, peeled
- 1/2 cup apple brandy
- 2 cups apple cider
- 2 tsp. cornstarch
- 2 tsp. Dijon mustard

#### Nutrition Facts

- Servings: 8
- Serving Size: 1/2 bell pepper
- Calories: 197
- Total Fat: 12.3 g
- Sat Fat: 1.4 g
- Cholesterol: 0 mg
- Sodium: 149 mg
- Potassium: 147 mg
- Carbohydrate: 21 g
- Protein: 4 g
- Dietary Fiber: 3 g



(Continued on next page)

# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

---

(Continued from previous page)

### Instructions

1. Preheat oven to 450 degrees.
2. Heat 1 Tbsp. of oil in a large skillet over medium heat. Add leek and cook, stirring until it begins to soften (about 3 minutes). Add apple, chopped thyme, 1/2 tsp. salt and 1/4 tsp. pepper. Cook, stirring occasionally, until the apple is beginning to soften (about 2 minutes). Transfer the mixture to a bowl to cool. Rinse out the pan.
3. To butterfly the tenderloin, lay it on a large cutting board. Holding the knife blade flat and parallel to the board, make a lengthwise cut through the center of the meat, stopping short of the opposite edge so that the tenderloin remains in one piece. Open as you would a book. Cover with plastic wrap. With a meat mallet, rolling pin, or heavy pan, pound the pork to an even 1/4 inch thickness.
4. Spread the apple mixture in the center of the pork, leaving a 1-inch border all around. Starting at a long side, roll up the pork to enclose the filling. To keep the stuffing from falling out during roasting, fold about 1 inch of the two short ends. Tie kitchen string firmly lengthwise around the roast to secure the two ends, then tie it crosswise with string at 2-inch intervals. Lightly brush the roast with 1 tsp. oil and sprinkle with the remaining 1/4 tsp. salt and 1/2 tsp. pepper.
5. Heat the remaining 1 Tbsp. of oil in the skillet over medium high heat. Reduce the heat to medium and brown the roast on all sides (about 4 minutes total). Transfer the roast to a rimmed baking sheet (set the pan aside). Place in the oven and roast until a thermometer inserted into the thickest section registers 145 degrees (about 15 minutes). Let it rest on a clean cutting board for about 5 minutes.
6. Meanwhile, prepare the sauce. Crush garlic with the flat side of a knife. Return the pan to medium-high heat. Add apple brandy, thyme, sprig, and the garlic. Bring the mixture to a boil and cook for 1 minute. Whisk cider and cornstarch and add it to the pan. Return to a boil and cook, stirring occasionally, until thickened and reduced by just over half (about 3/4 cups) for approximately 8-10 minutes. Remove from the heat, discard the garlic and thyme. Whisk in the mustard and any juice from the baking sheet.
7. Slice the pork and serve with the sauce!

# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Day 6: Breakfast

#### Healthy Quiche Lorraine

#### Ingredients

- 1/3 pound finely chopped ham
- 1 small onion, chopped
- Vegetable cooking spray
- 1 cup egg substitute
- 1/2 cup 2% or whole milk
- 1/2 tsp. salt
- 1/2 tsp. freshly cracked black pepper
- 1 (10 oz.) package frozen chopped spinach, thawed and squeezed dry
- 2/3 cup shredded reduced fat cheddar cheese
- 8 cups mixed greens
- 1/2 cup fat-free salad dressing

#### Instructions

1. Preheat oven to 350°F.
2. Sauté ham and onion in a lightly greased skillet over medium-high heat until onion is tender, about 5 minutes. Set aside to cool to room temperature.

3. Whisk together eggs, milk, salt, and pepper until well combined. Stir in ham mixture, spinach, and cheddar. Pour mixture into a lightly greased 8 inch pie pan and bake 40 to 45 minutes or until just set in center. Remove and allow to cool 15 minutes on cooling rack before serving with salad greens tossed with salad dressing.

#### Nutrition Facts

- Serves: 6
- Serving size: 1 slice
- Calories: 139
- Fat: 4.8 g
- Calories from fat: 31.1%
- Saturated fat: 2.4 g
- Protein: 15.6 g
- Sodium: 692 mg
- Total carbohydrate: 7.5 g



# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Day 6: Lunch

#### Spring Beet Salad

#### Ingredients

- 1 medium red beet, peeled and shredded with a box grater
- 1 medium golden beet, peeled and shredded with a box grater

#### Dressing:

- 2 tsp. shallot, minced
- 1 tsp. Ume plum vinegar (found in health food stores)
- 1 tsp. cider vinegar
- 2 Tbsp. buttermilk
- 1/4 cup plain yogurt (regular or fat-free) or low-fat sour cream
- 3 tsp. prepared horseradish (or to taste)
- 1 tsp. dried dill weed
- 2 Tbsp. low-fat mayonnaise
- 1/4 cup walnuts, chopped (optional)
- Pinch salt



#### Instructions

1. Bring a pot of water to the boil. Add in the red beets, bring to a simmer, and cook for 2 minutes. Drain and rinse with cold water. Drain again, making sure to get as much water off the beets, using paper towels if needed.
2. Place the shallot into a small bowl and pour in Ume and cider vinegars (this will mellow the shallot just a bit). Set aside. Measure the rest of the dressing ingredients into a separate bowl, large enough to hold the beets. Mix with a whisk. Add in the shallot vinegar mixture and whisk again. Add in both raw and cooked beets and toss in the dressing. Sprinkle with walnuts if desired.

#### Nutrition Facts

- Serves: 4
- Serving size: approx. 1/2 cup
- Calories: 81
- Fat: 5.1 g
- Calories from fat: 56%
- Saturated fat: 1 g
- Protein: 2.8 g
- Sodium: 166 mg
- Total carbohydrate: 6.8 g

# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Day 6: Dinner

#### Grilled Polenta with Spicy Cannellini Beans

#### Ingredients

- 1 large onion, chopped
- 2 tsp. minced garlic
- 1/2 cup dry white wine
- 1 (7-oz.) jar roasted red bell pepper, chopped
- 2 Tbsp. salt-free chili powder
- 2 tsp. ground cumin
- 2 tsp. dried oregano
- 1 tsp. hot sauce
- 1 (28-oz.) can low-sodium diced tomatoes, undrained
- 2 (15-oz.) cans cannellini beans
- 1-1/2 cups water
- 1 (18-ounce) tube of polenta, cut into 8 slices



#### Instructions

1. Heat a large Dutch oven, sprayed with vegetable cooking spray, over medium-high heat.
2. Add onion and sauté 3 minutes or until onion is tender; add garlic and cook 30 seconds.
3. Add wine and cook until reduced by 3/4.
4. Stir in red bell pepper and next seven ingredients.
5. Bring to a boil. Reduce heat and simmer, stirring occasionally, 40 to 45 minutes or until mixture thickens.
6. Meanwhile, spray polenta slices with vegetable cooking spray and cook on a stovetop grill skillet, 3 minutes per side or until golden brown.
7. Serve bean mixture over 2 polenta slices.

#### Nutrition Facts

- Serves: 4
- Calories: 438
- Fat: 2.9g
- Saturated fat: 1.2g
- Protein: 19.7g
- Sodium: 268mg



# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Day 7: Breakfast

#### Apple Cherry Oatmeal

#### Ingredients

- 2 cups water
- 1 cup 2% milk
- 1/2 cup dried cherries
- 1 tsp. apple pie spice
- 1 tsp. vanilla extract
- 1 cup whole-grain oatmeal
- 2 granny smith apples, cored
- 2 Tbsp. honey



#### Instructions

1. Combine water, milk, cherries, apple pie spice, and vanilla in large saucepan over medium-high heat. Bring mixture to a simmer and stir in oatmeal. Reduce heat to medium-low and cook, uncovered, until thickened and no liquid remains, about 20 minutes.
2. Using a grater, shred apples and add to oatmeal, stirring to combine. Drizzle with honey and serve immediately.

#### Nutrition Facts

- Serves: 4
- Calories: 235
- Fat: 3.2 g
- Calories from fat: 3.9%
- Saturated fat: 1 g
- Protein: 5 g
- Sodium: 29.5 mg
- Total Carbohydrate: 49 g

# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Day 7: Lunch

#### Strawberry Spinach Salad

#### Ingredients

- 1 pint fresh strawberries, sliced
- 1/4 cup slivered almonds
- 2-10 oz. bags fresh baby spinach
- 1/4 cup red onion, finely diced
- pinch paprika
- 1/8 cup sugar
- 1/8 cup apple cider vinegar
- 1/4 cup light olive oil
- 1 Tbsp. poppy seeds
- 1 Tbsp. sesame seeds
- salt and pepper to taste

#### Instructions

1. Wash spinach leaves and spin dry; remove stem ends.
2. Toss sliced strawberries, almonds, spinach, diced red onion, and a pinch of paprika into the bowl.
3. Add the dressing and mix well.

#### Nutrition Facts

- Serves: 6
- Calories: 213
- Fat: 14.22 g
- Saturated Fat: 1.70 g
- Sodium: 77.06 mg
- Protein: 5.44 g



# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber

### Day 7: Dinner

#### Spaghetti Squash and Meatballs

#### Ingredients

- 1 (3 lb.) spaghetti squash
- 1 lb. lean ground turkey
- 3 Tbsp. chopped fresh parsley
- 1/4 cup egg substitute
- 1/4 cup whole-wheat breadcrumbs
- 1 tsp. crushed red pepper flakes
- 1 tsp. salt-free Italian seasoning
- 1/2 tsp. salt
- 3/4 cup chopped onion
- 3/4 cup chopped red bell pepper
- 2 cloves garlic, minced
- 3 large tomatoes, chopped
- 2 Tbsp. olive oil
- 1/2 cup white wine
- 3 Tbsp. chopped fresh basil

#### Instructions

1. Preheat oven to 450°F.
2. Cut squash in half lengthwise; remove and discard seeds. Place in a lightly greased roasting pan. Add water to depth of 1/2-inch.
3. Bake for 45 minutes or until tender. Let cool slightly and scrape pulp from squash into a mixing bowl using a fork.
4. Stir together ground turkey and next 6 ingredients in a large mixing bowl. Form into 16 (about 1 3/4-inch) meatballs. Place on a wire rack fitted over a foil-lined jelly-roll pan. Bake at 450° for 15 minutes, or until done.
5. Cook onion and next 3 ingredients in hot oil in a large skillet for 15 minutes, or until tender. Stir in wine and simmer for 10 minutes. Stir in basil and cooked meatballs. Serve over spaghetti squash.

#### Nutrition Facts

- Servings: 4
- Serving Size: 1 cup squash, 4 meatballs, 1 cup sauce
- Calories: 392
- Total Fat: 18.8 g
- Saturated Fat: 3.9 g
- Cholesterol: 84 mg
- Sodium: 459 mg
- Potassium: 919 mg
- Carbohydrate: 25 g
- Protein: 28 g
- Dietary Fiber: 6 g

# HEALTHWAYS FIT

## Meal Plan for Fruits and Fiber



Did you enjoy this meal plan? Become a fan on social media. We'd love to hear your opinions!  
Plus, download other meal plans and eBooks on the [Offers](#) page.



EMAIL

[healthwaysFIT@healthways.com](mailto:healthwaysFIT@healthways.com)

WEB

[www.HealthwaysFIT.com](http://www.HealthwaysFIT.com)